

EVALUATING COMMUNICATION IN YOUR SELF-HELP GROUP

Barriers to effective communication can be present in any self-help group. Looking at one's own communication style is the responsibility of each group member. Here's a handy checklist for group members to use for evaluating themselves and the group as a whole.

- Did I, or anyone else, dominate the conversation?
- What new insights, if any, did I gain into my situation or that of others?
- Did I express any feelings that I've not expressed before? If not, why not?

In what ways did I demonstrate to others that I was:

- listening?
- taking him/her seriously?
- What did I do to create a comfortable and supportive atmosphere for myself and others?
- In what ways did others support me? What did they do?

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